

SCIENTIFIC OPINION

Scientific Opinion on the substantiation of health claims related to chondroitin and chondroitin sulphate and maintenance of joints (ID 1504, 1505) pursuant to Article 13(1) of Regulation (EC) No 1924/2006¹

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)²

European Food Safety Authority (EFSA), Parma, Italy

SUMMARY

Following a request from the European Commission, the Panel on Dietetic Products, Nutrition and Allergies was asked to provide a scientific opinion on a list of health claims pursuant to Article 13 of Regulation 1924/2006. This opinion addresses the scientific substantiation of health claims in relation to chondroitin and chondroitin sulphate and the maintenance of joints. The scientific substantiation is based on the information provided by the Member States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

The food constituent that is the subject of the health claims is chondroitin or chondroitin sulphate. The Panel considers that chondroitin and chondroitin sulphate are sufficiently characterised.

The claimed effects are “joint health” and “joint health and mobility”. In the context of the proposed wordings, the Panel notes that these claimed effects relate to the maintenance of normal joints. The Panel considers that the maintenance of normal joints is beneficial to human health.

In weighing the evidence, the Panel took into account that the evidence provided does not establish that patients with osteoarthritis are representative of the general population with regard to the status of joint tissues, or that results obtained in studies on subjects with osteoarthritis can be extrapolated to the maintenance of normal joints in the general population. The Panel also took into account that the evidence provided in the animal and *in vitro* studies submitted does not predict the occurrence of an effect of either chondroitin or chondroitin sulphate intake on the maintenance of normal joints in humans.

On the basis of the data available, the Panel concludes that a cause and effect relationship has not been established between the consumption of chondroitin or chondroitin sulphate and the maintenance of normal joints.

1 On request from the European Commission, Question No EFSA-Q-2008-2241, EFSA-Q-2008-2242 adopted on 02 July 2009.

2 Panel members: Jean-Louis Bresson, Albert Flynn, Marina Heinonen, Karin Hulshof, Hannu Korhonen, Pagona Lagiou, Martinus Løvik, Rosangela Marchelli, Ambroise Martin, Bevan Moseley, Hildegard Przyrembel, Seppo Salminen, Sean (J.J.) Strain, Stephan Strobel, Inge Tetens, Henk van den Berg, Hendrik van Loveren and Hans Verhagen.
Correspondence: nda@efsa.europa.eu

For citation purposes: EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA); Scientific Opinion on the substantiation of health claims related to chondroitin and chondroitin sulphate and maintenance of joints (ID 1504, 1505) pursuant to Article 13(1) of Regulation (EC) No 1924/2006 on request from the European Commission. EFSA Journal 2009; 7(9):1262. [14 pp.]. doi:10.2903/j.efsa.2009.1262. Available online: www.efsa.europa.eu